

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

FEBRUARY 2010

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Carole Quarrington

TELEPHONE NUMBER
(860) 870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION
(860) 870 – 3137

Van Drivers: Peggy Anderson, Mike Joslin
& Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

It is with sad news that I share with you the passing of two great ladies, and friends, of our Senior Center, Charlotte Lanz and Sylvia Kravitz. We enjoyed hearing Charlotte's voice as part of our Ellington Singers for many years before she moved to Assisted Living. Charlotte had the sweetest smile and we will miss that.

Sylvia Kravitz, a spunky and gentle spirit, we shall miss these along with her kind demeanor. Sylvia had many creative ideas for activities that we have in place today. Such as our, Memories and Creative Writing, MahJongg, and card and board games.

We extend our sincere condolences to Charlotte and Sylvia's family.

Erin

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131**

TRIAD SENIOR SAFETY PROGRAM AT SENIOR CENTER: February 16th—Social Security “extra help” program- 12:30pm at the Ellington Senior Center with Mr. Robert Rodriguez from the Social Security Administration. Join us for information on the program that could help increase the money in your monthly Social Security check each month. This is a Lunch & Learn program—lunch at 12:30pm and presentation at 1pm. Please call Anna Turner at (860)870-3131 by Feb.11th to register to attend this program.

HAITI SCAMS: Be wary of solicitors requesting “donations” for rescue efforts/ charities for Haiti. Recent email from the National Center for Disaster Fraud (NCDF) cautions about new “donation” scams –unsolicited calls pressuring you to make an immediate donation over the phone by giving out your personal or bank account details. Only donate to recognized charities that you have given to before (like Red Cross, Americares, etc). If you have any questions about a legitimate charity you can look at the Better Business Bureau’s Wise Giving Alliance site at www.give.org or ftc.gov/charityfraud. You can also call a special hotline to report suspected fraud at 800-994-9422. Also remember to NEVER send cash or give a “door to door” solicitor cash

Are You Smart & Thrifty and Always Looking For Good Bargains? Check out www.frugalyankee.com for many ideas on saving money. This Boston area website offers lots of good money saving ideas and has links to other sites with additional thrifty suggestions.

Medication Recall: McNeil Pharmaceuticals has voluntarily recalled some of the following medications due to the possibility of them causing nausea, vomiting, stomach pains or diarrhea—Extra Strength Tylenol caplets, Tylenol 8 hour caplets, Tylenol PM, regular strength Tylenol, Motrin IB caplets, St. Joseph Aspirin enteric coated, Roland chewable tablets, and Simply Sleep mini caplets. Please stop using these medications if you have them and contact McNeil Consumer Health Care for instructions on refund/replacement at 1-888-222-6036. You will need to have the medication bottle with you when you call McNeil so that you can give them the code number on the bottle/package. For more details on medication recalls you can go to www.fda.gov/medwatch.

“Ellington Days For Mammograms”: For all of you women who are thinking of scheduling a mammogram in the February and March time frame, Kathleen Porter, Breast Care Coordinator of Eastern Connecticut Health Network in conjunction with the Town of Ellington are offering “Free” rides to an ECHN facility on the dates of 2/17/10 & 3/10/10. Van transportation is offered to all Town of Ellington residents who may require a ride. Call the Senior Center to secure your ride. Phone (860) 870-3133. Anna Turner to register (860) 870-3131.

Ellington Parkinson's Disease Support Group: To members of the Ellington Parkinson's disease Support Group, a program sponsored by Teva Neuroscience is scheduled for Tuesday, February 23, 2010 at the Glastonbury Hilton Garden Inn. Dr. Muhammed Hussan, Movement Disorder Specialist, will be the presenter speaking of Parkinson's Disease and new therapies. Contact Anna Turner at 860-870-3131 or Erin Graziani 860-870-3133 to sign up for this event. A dinner will be included with this program.

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Ellington Senior Center **Transportation Department**

Peggy and Mike would like to inform, if possible, when they come to pick you up for transportation, the area of pick up needs to be shoveled, plowed and/or salted so the drivers and/or rider do not get injured. They realize that some riders are not capable of doing this, and they use precaution all the time, but some areas are very icy due to people walking or driving on it and this makes it very slippery and unsafe for all. Thank You.



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

(EMAT's) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging.

Please note: EMATS are offered Monday – Friday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. *\$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation “packet” by calling the Transportation Line at

860-870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*** * \$25.00 is suggested as an annual donation for transportation.

ELLINGTON SENIOR CENTER NEWS

We would like to give special recognition to our “Bridge” group. In September of 2009 our Bridge group was recognized by The State of Connecticut, Department of Veterans’ Affairs, for the generous donation of (2) gift cards to their “Stand Down 2009 Account”. This is another example of the special people we have represented at the Ellington Senior Center. Congratulations on your acknowledgment by The State of Connecticut!

BALLROOM & POLKA SOCIAL – Ballroom is taught on Fridays at (1:00pm) and Polka follows (2:30pm). Come join Amelia and Adam!

BETTER AGE CLUB - Held the 2nd and 4th Thursdays of the month at (1pm)
February 11, 2010 Business Meeting. Presentation by Ann Cosgrove - Designer

February 25, 2010 Business Meeting. Presentation by Fred Bird

****The President of the Better Age Group, Carolyn Cook, is requesting, at the first Business Meeting of the month, for all members to bring in a non perishable item for the Ellington Food Bank***

BOOK CLUB – The Ellington Senior Center welcomes back “Book Club”. If you have a love for reading or always wanted to be a better reader, come to the Senior Center on Tuesday, February 2nd at (2pm) and meet Carole Quarrington who will be leading this month’s group.

CARDS AND GAMES:

Bridge: Tuesdays @ 9:00 a.m. See Pat Szemplinski or Rosemary Malatesta

Canasta – “King’s Row”: Join Barbara Donohue and friends Thursday’s at 1:00 p.m.

Dominos: First Tuesday of the month at 1:00 p.m.; Come join the fun!

Evening Cards: (Setback): Tuesdays and Saturdays at 7:00 p.m. See Bob Karlowicz or Carl Larson

Mahjongg:

Every Friday at 10:00 a.m. See Barbara Donahue

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HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30p.m. – 3:00p.m. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00a.m. – 10:00a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00 a.m. *Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, February 3, 2010.

* **Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30a.m. – 11:30a.m. (Beginner's class); and 11:30a.m. – 12:30p.m. (Advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

ELLINGTON SINGERS – Ellington Singers meet every Wednesday at 10:15a.m. at the Senior Center. With the holidays over, our singers will be back practicing for their spring musicale to be held on April 22, 2010 at (1pm) Ellington High School Auditorium.

MAMOGRAMS - For all of you women who are thinking of scheduling a mammogram in the February/ March time frame, Kathleen Porter, Breast Care Coordinator of Eastern Connecticut Health Network in conjunction with the Town of Ellington is offering "Free" rides to an ECHN facility on the dates of 2/17/10 & 3/10/10. Van transportation is offered to all Town of Ellington residents who may require a ride. Call the Senior Center to secure your ride at (860) 870-3133. Contact Anna Turner to register (860) 870-3131.

MEMORIES & CREATIVE WRITING – The Memory & Creative Writing group meets monthly every 3rd Thursday of the month from 1:00p.m. – 2:30p.m. at the Ellington Senior Center. The purpose of this group is to share orally or in written form the groups past, present, or ongoing experiences. If you have a love of writing or just want to share your thoughts on paper. Come join us!

MUSICAL INSIGHTS: Musical Insights meets the 2nd and 4th Monday evening of the month. Musical Insights is held from 6:00p.m – 8:00p.m at the Ellington Senior Center. A different program is introduced at each meeting. Much time and planning are put into each program which is why this is such a strong/successful group. Musical Insights took time off in the month of January, but look forward to seeing everyone, once again, on February 8, 2009.

OUT TO LUNCH: “Out To Lunch” is held the second Tuesday of the month at 1:00 p.m. Come join us as we frequent the local restaurants in the area. Sign-up is required. Transportation is available.

February: Plaza Restaurant, Somers CT

March: Stone & Paddle Restaurant, Vernon, CT

PROGRAMS: All programs require a sign-up. Call the Senior Center at 860-870-3133

Balance Presentation – Thursday, February 4, 2010 (2pm). Presentation by Alcyone Brennan; LMT, State of CT Exercise Geriatric Specialist. Participants will be presented with information and demonstration of easy, practical movements to strengthen muscles that facilitate improved balance and increase awareness of movement.

Skin Care and Health – Tuesday, February 9, 2010 (1pm). Presentation by Lynn Kisner, RN, COWN of Visiting Nurse & Health Services who will be providing tips on how to care for your skin regarding (sun, lotions, age spots et. al).

Social Security “Extra Help” Program – Tuesday, February 16, 2010 (12:30pm). Lunch & Learn Program. Join Robert Rodriguez from the Social Security Administration for information on the program that could help lower the cost of your Medicare Part D prescription medication program. Call Anna Turner at (860) 870-3131 by February 11, 2010 to secure your reservation.

Parkinson Support Group – For more information call Anna Turner at (860) 870-3131. There is **No** February meeting at the senior center. February’s 2/23/10 meeting is an off- site meeting in Glastonbury. Refer to flyer located within this newsletter.

Lifeline – Tuesday, February 23, 2010 (2pm). Presentation by Lee Almand, MSW, Provider Relations Liaison of VNA Health Care. Come learn how changing behaviors can prevent falls with demonstrations of the “Lifeline Tower of Risk”.

SEW & SO/CRAFTS: Meet every Thursday morning at 9:30a.m in the main room of the Senior Center.

SHUFFLEBOARD: Every Wednesday at 2:00p.m. Shuffleboard is played in the main room of the Senior Center. This is a very active and fun group of people. We love to hear the laughter coming from this group. Van service is available.

TAX PREPARATION PROGRAM: The 2010 Tax Preparation Program will be held at the Town of Ellington Human Services Department again this year (Arbor Park). Appointments will be on Wednesdays, beginning February 3rd and end on Wednesday, April 14th. Appointment times are 9:00am – 12:00pm. A sign - up sheet is available at the Ellington Senior Center. Please call (860) 870-3133 to secure your appointment.

TRIPS – Our trip events will be back shortly. Until then, come down to the Ellington Senior Center and enjoy many of the programs and activities offered.

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

AMERICAN LEGION – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287

VETERAN'S AFFAIRS – State Representative – Ted C. Graziani at 240-8531

HOUSEKEEPING REMINDERS:

1. When using the dishwasher, please remove all the clean dishes before putting dirty dishes in
2. Please remember to fully clean all coffee pots after using them
3. When putting silverware and dishes away in the kitchen, please put only clean ones back in the cupboard and drawers.
4. Please remember to keep only fresh items in the refrigerator. Remove old item from freezer and refrigerator

